

# Ready for School. Set for Life.

Partnering with parents and families to help all children stay healthy and succeed in school.



## Parent Guide to First Things First Funded Programs in Navajo Nation

## Contact

### *Do you have parenting questions or need advice?*

#### **Birth to Five Helpline**

Helps families with young children get free answers to their toughest parenting questions.

#### **Southwest Human Development**

1-877-705-KIDS (5437)

### *Are you a parent or caregiver looking for resources and support?*

#### **Nihiyazhi Ba'it'ih Home Visitation Program**

Gives young children stronger, more supportive relationships with their parents through in-home services on a variety of topics, including parenting skills, early childhood development, literacy, etc. Connects parents with community resources to help them better support their child's health and early learning.

#### **Northern Arizona University**

#### **Institute for Human Development**

928-523-8905 Nicole Chase

### *Do you need to keep you or your child healthy and well?*

#### **Public Health Nutrition Food Security Program**

Improves health and nutrition through providing food vouchers to families with children 5 or younger.

#### **Tsehootsoi Medical Center**

928-729-8489/8416/8424

#### **St. Mary's Food Bank Alliance**

Distribute food boxes to families in need of assistance who have children birth to 5 years old.

#### **St. Mary's Food Bank Alliance**

1-877-249-3032

#### **Healthy Beginnings Program**

Distribute food boxes and basic necessity items to families in need of assistance who have children birth to 5 years old that live in the Tuba City and Kayenta area.

#### **St. Jude Food Bank**

928-283-6886

***Do you want information about your child's physical or oral health?***

**Nutrition Education and Obesity Prevention Program**

Provide health education focused on obesity prevention to children, families and early care and education professionals.

**Navajo Nation Oral Health**

Decreases preventable oral health problems in young children

**Navajo County Public Health Services  
District**

928-524-4753

**Navajo County Public Health Services  
District**

928-524-4750

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***Are you seeking quality child care for your infant, toddler or preschooler?***

**Quality First Child Care Scholarships**

Helps low-income families afford a better educational beginning for their children while parent attends school.

\*Parent of child must be a permanent Navajo Nation resident temporarily living off tribal lands.

**Valley of the Sun United Way**

602-631-4888

[www.azftfscholarships.org](http://www.azftfscholarships.org)

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**First Things First Navajo Nation Regional Partnership Council**

**For more information contact:**

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Memarie Tsosie, Community Outreach Coordinator at [mtsosie@azftf.gov](mailto:mtsosie@azftf.gov) or 928-810-4306

